



It
seems like it
was yesterday when
we learned to ride our
bikes **together**,
discovered that we both liked to
dance and speak our language.
It seems like we were
never apart
and everyone knew we were
best friends.

When we decided to go to school,
we made sure we
were going to be roommates.

When you finally landed that first job
after all your hard work, I was the first to say
“congratulations.” When you said
you wanted to help the youth on the reservation, I
said, **“Let’s do it together.”** Then
came a time when you told me that you have a
mental health problem,
like **depression** and **anxiety.**
Now I know that anyone can
experience mental health problems, even
Native People. We thought we knew
everything, yet I really didn’t **understand** what a
difference my support can make in your recovery.
Well, I am here for you. I **will** be here for you.
And—as always—**we will recover together.**



A Life in the Community for Everyone
SAMHSA
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services



Visit www.whatadifference.samhsa.gov/native
to learn how you can help support a friend.